

The Graduate School is pleased to offer an online workshop on mental health:

Building positive relationships to improve productivity in your personal and professional lives: Tips for RPs and supervisors

OKAYMINDS is a program for emotional first aid and for helping participants to manage their stress and build stronger mental resilience. Mental health has always been an important part of our overall health. Unfortunately, the current pandemic situation has greatly impacted people's emotional wellness and caused higher stress levels. Thus, OKAYMINDS is here to guide participants of various age groups and professions to become mentally healthy and overcome tough situations in their lives by developing mental resilience.

Date and Time:

Nov 27, 2020 (Fri), 3:00 pm to 5:00 pm (HK time) – for RPg students

Dec 4, 2020 (Fri), 3:00 pm to 5:00 pm (HK time) – for academic staff

Venue:

Via ZOOM (Zoom link will be emailed to the participants who have registered at the link below)

Online registration:

RPg students - https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?UEID=72588

Academic staff - https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?UEID=72585



OKAY MINDS

According to The World Health Organization,

“1 in 4 people in the world will be affected by mental or neurological disorders at some point in their lives.”

Just like Physical health, we all have Mental health, and both are fundamentally linked and influences each other. It is rightly said that,

“There is no health without Mental Health.”

OKAY MINDS is a Mental Health awareness and education initiative to promote significance of Mental Health in every person’s life so that people start to look at it as an integral part of their overall health. **In current COVID-19 public health and unemployment crisis**, it is extremely important to protect ourselves from any mental health adversities.

In the last few years Hong Kong has witnessed socio-political and health crisis situation. HKU conducted a survey of 11,500 people between February and July 2020 and reported:

- ▶ **Over 70%** of Hong Kong people showed moderate-to-high levels of depressive symptoms, such as feelings of worthlessness and recurrent thoughts of death.
- ▶ **Over 40 %** displayed moderate-to-high levels of Post-Traumatic Stress Disorder (PTSD) symptoms, such as intrusive memories and persistent feelings of fear, anger, guilt or shame.
- ▶ 46% of PTSD and 50% of depression cases were in 24 year or younger population.

To cope with the mental stress and disorder situations, individuals need Mental Resiliency, which is characterised as the ability to successfully deal with adversity, trauma, tragedy, threats or significant sources of stress. Everyone has a certain level of Mental resiliency; however, it is a skill that can be further developed with proper training and support.

Dr. Nimisha Vandan and Dr. Amit Wanchoo have conducted many Mental Resiliency training workshops for different age and population sub-groups with focus on crisis situations. Workshops are tailored with content and activities to cater the specific needs of the participants such as:

Ethnic Minority Men/Women/Children

Foreign Domestic Workers

Employees at workplace

University students

Secondary School students

Senior citizens etc.

Nimisha Vandan, PhD is a researcher at The University of Hong Kong in the Department of Public Health. Her current project is Covid-19 and its impact on gendered population with focus on their emotional and mental health. She recently completed her PhD on Patients’ experience with Hong Kong healthcare system. She is certified to conduct Mental Health First Aid and also carries certification in Mental Health Literacy. She has conducted multiple mental health awareness workshops and webinars in Hong Kong.

Dr Amit Wanchoo is a medical doctor from the Jammu and Kashmir state of India which has been affected by terrorist activities for decades and has himself been affected by multiple crisis situations. Having witnessed variety of mental health challenges during his shaping years, he is very committed to help people develop mental health resiliency. He has utilized medicine, art and culture as an effective tool for generating mental well-

being. He was part of the pioneering work by Medicine sans Frontiers in India for mental health training in Conflict zones.

Workshop Details


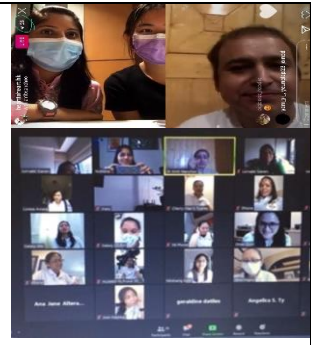


Workshop Duration: 1.5 hours to 2 hours

Medium of workshop: Online on ZOOM

Language of Workshop: English, Hindi, and Urdu as per the participants requirements

Recent Workshops and live talks of OKAY MINDS

- 1) Mental Health Ambassador workshop for ethnic minority women. *Caritas community centre, Hong Kong*
- 2) Know your mental health workshop for ethnic minority women, *Family Link, HKCS, Jordan, Hong Kong*
- 3) Unveiling the Myth of Mental Health Illness! *Philippines Nurse Association, Hong Kong*
- 4) Health and Wellness course for *EMPOWER U students, HKU, Hong Kong*
- 5) Mental resiliency in the times of COVID-19 pandemic, *Philippines Nurse Association, Hong Kong*
- 6) Mental Health and resiliency amid COVID-19 crisis, *EMPOWER U, HKU, Hong Kong*
- 7) Mindfulness workshop series for Foreign Domestic Workers in Hong Kong, *Suyo Association (Sisa-HK), Hong Kong*
- 8) Instagram live “Music Without Borders: Harmonious Remedy with Dr Wanchoo” for secondary school students. *Heart to Heart, HKU, Hong Kong*
- 9) Workshop of mental health crisis: Focus on mental health at workplace. *The Zubin Foundation, Hong Kong*
- 10) YouTube live discussing Stress and coping strategies with Dr Mike Maino, *HKU, Hong Kong*
- 11) *Live Talk on RTHK 123 program discussing the mental stress and ways to reduce it.*
- 12) Stress management under pressure and building mental resilience workshop, *HKSKH Lady MacLehose Centre for Project ASHA.*
- 13) Stress management and building mental resilience workshop for Women from Gurudwara Khalsa Diwan Sikh Temple, Hong Kong.
- 14) Leading in the Time of crisis, Mental Wellness for Leaders Workshop for International Domestic Workers Federation.
- 15) Workshop on Tips and Strategies to maintain positive Mental Health in daily life for HKU Graduate House residents.
- 16) Know More about Mental Wellness and Building Mental Resilience Under Pressure for Hong Kong Secondary School Students in collaboration with Rotary E-club of Lantau and Tung Chung Toastmasters Club.
- 17) Stress Management and Mental Resilience Building Workshop for Youth, organized in collaboration with Sikh community, Hong Kong
- 18) Migration, Minority and Mental Health: Let Us Talk workshop for Christian Action SHINE centre.

			
<p>Mental Health awareness booth at “Health Equity: Social Inclusion for Ethnic minorities in Hong Kong Symposium Hong Kong, 2018</p>	<p>Mental Resiliency Online workshops during Covid-19 for Students and Nurses, 2020</p>	<p>Delivering Health and Wellness course for Empower U students at HKU, 2019</p>	<p>Pamphlet for Mental Health Resiliency in the Time of Covid-19 Pandemic, 2020.</p>

You can find us on:

<https://www.instagram.com/okaymindsig/>

<https://www.facebook.com/okayminds/>

For more Information:

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